

Crunchy Potato Casserole

Makes: 8 Servings

Want a side dish for your meal? This recipe uses corn flakes in a creative potato-based dish to make it crunchy.

Ingredients

2 cups corn flakes cereal (crushed into crumbs)

2 pounds potatoes (peeled and grated)

1/4 cup margarine (melted)

1/4 teaspoon black pepper

1 onion (chopped)

1 can low-sodium cream of chicken soup (about 10 ounces)

3/4 cup fat-free sour cream

1 cup low-fat cheddar cheese (shredded)

Directions

- 1. Preheat oven to 350 degrees F.
- 2. Combine potatoes, margarine, and black pepper in a large bowl.
- 3. Add onion, soup, sour cream, and cheese; mix well.
- 4. Pour into a 13x9-inch baking dish and sprinkle with corn flakes.
- 5. Bake for 45 minutes.

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	7 g	
Protein	8 g	
Carbohydrates	35 g	
Dietary Fiber	3 g	
Saturated Fat	2.5 g	
Sodium	340 mg	